

Contemn not small faults, lest by degrees thou fall into greater.

4. Fly an idle life, as the mother of all mischief; and take it for a certain truth, that indulgence will never bring a Christian to heaven.

5. Never omit, upon any account thy morning and evening prayers.—Remember in the morning to present to God the first fruits of the day, by giving him thy first thoughts; make an offering to him of all the actions of the day, and renew this oblation at the beginning of every thing thou dost: *Whether you eat or drink*, says St. Paul, *1 Cor. x. 31. or whatever else you do, do all for the glory of God.*

6. In thy evening prayers make a strict examination of conscience, calling thyself to an account how thou hast passed the day; and whatever sins thou discoverest, labour to wash them away by penitential tears, before thou layest thyself down to sleep: for who knows but that night may be thy last. In going to bed, think on the grave; compose thyself to rest in the arms of thy